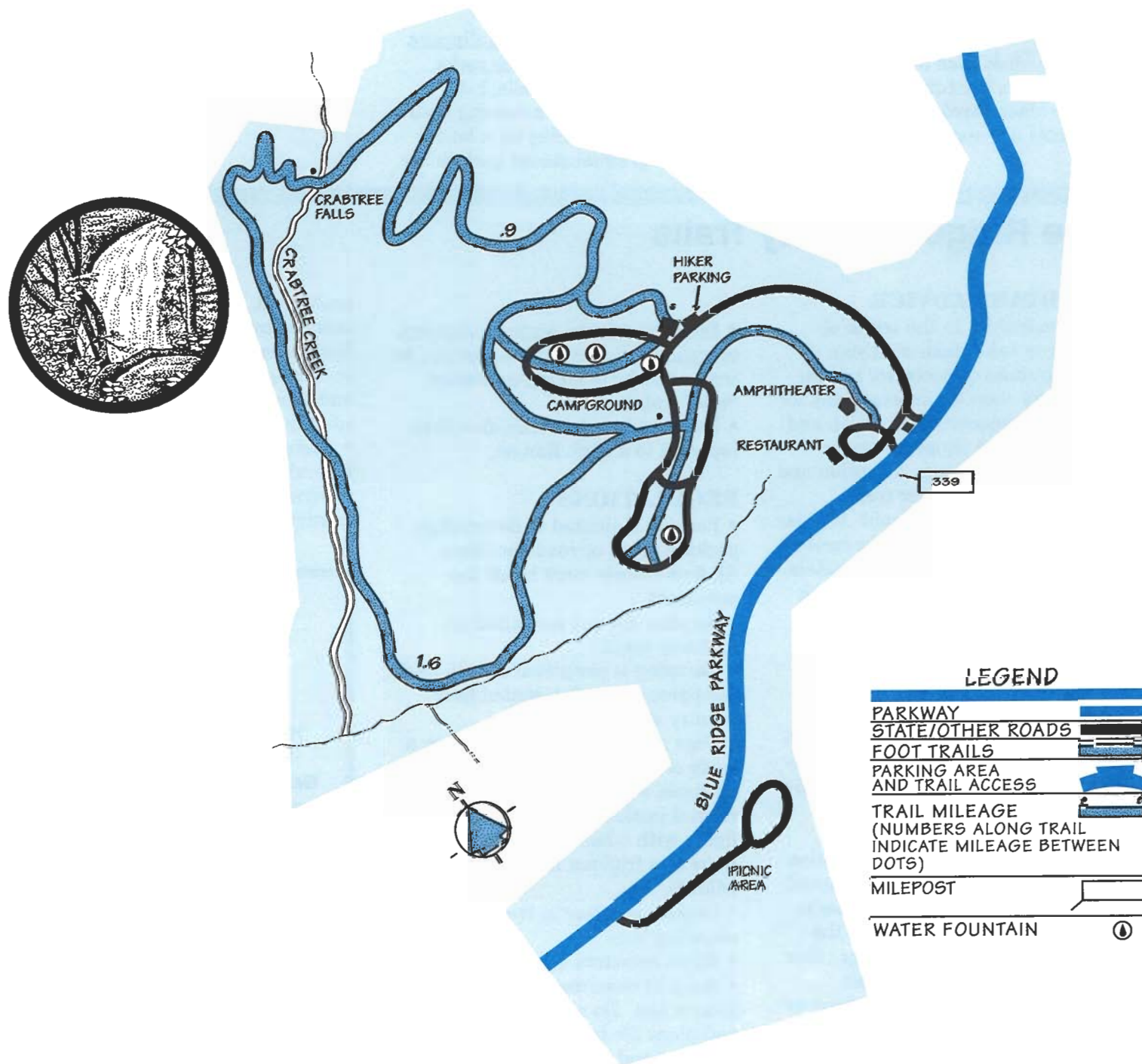




Crabtree Falls Trail



Crabtree Falls Trail

The scenic 2.5-mile loop trail to **Crabtree Falls** is moderate to strenuous. Sturdy shoes or hiking boots are recommended because of the incline and rocky terrain. Hikers should allow 1-1/2 to 2-1/2 hours for the hike, depending on whether the whole loop is traveled.

From the trailhead in the parking lot behind the campground entrance, the trail descends .9 mile to the falls through a mixed oak-hickory forest. Hikers also will pass through a thicket of rosebay rhododendron.

Many birds such as the slate-colored junco, the tufted titmouse, and the black-throated blue warbler frequently are seen and heard in this forest.

The trail continues downward past a series of wet-weather springs, home for many salamander species that enjoy the wet puddles, rocks, and damp leaf litter of the forest floor. Hikers should step carefully to avoid disturbing these "spring lizards."

At the base of the trail is spectacular Crabtree Falls, where water cascades over a 60-foot rock cliff. Many types of ferns and wildflowers thrive in the hollow, benefitting from the fall's cool spray.

The wet rocks here are slippery. Please do not climb on the rocks.

After viewing the falls, hikers can return either by retracing their steps, or by continuing on a longer but more gradual ascent back to the

parking lot. The longer route begins as a moderately steep switchback that provides another beautiful view of the falls. Once reaching the top of the ridge, the path levels out and meanders across Crabtree Creek and its tributaries.

When the trail reaches the perimeter of the campground, signs direct hikers into the campground or back to the trailhead parking area near the entrance station.

Blue Ridge Parkway Trails

IMPORTANT ADVICE

- Lock valuables in the trunk of your car or take them with you.
- Hiking shoes or boots are recommended for most trails, especially for the most strenuous ones. Steep and rocky areas and slippery stream crossings require extra attention and careful footing. Even for trails marked "easy," it is advisable to wear flat or rubber-soled shoes for comfort and good traction. Wearing sandals, "flip-flops," or high heels can result in accidents.
- Sudden changes in weather are common in these mountains. Even in mild seasons, rapid dips in temperature and unexpected thunderstorms frequently occur, and at higher elevations the wind and temperature can carry a surprising chill. Be prepared for weather changes by bringing along suitable clothing.
- For your safety and the protection of the resources, stay on established trails. Shortcutting at switchbacks causes soil erosion, disfigures the trail, and makes it difficult for other hikers to find their way. Take advantage of log walkways, steps, or other trail construction. They are there to minimize human impact on the natural environment.

- Do not drink the water in streams or springs. Bacterial diseases can be contracted by drinking untreated "wild" waters.
- Lost and found articles should be reported to a Park Ranger.

REGULATIONS

- Parking is limited to designated parking areas or road shoulders. All four wheels must be off the pavement.
- Bicycles are not permitted on Parkway trails.
- Camping is permitted only in park campgrounds or designated back-country sites.
- Dogs and other pets must be on a leash or under physical restraint at all times while in the park. The territorial instinct of dogs can lead to fights with other dogs on the trail. Dogs also frighten hikers and chase wildlife.
- Deposit all litter in trash cans or recycling bins.
- Metal detectors are prohibited.
- Natural resources are protected by federal law. Do not disturb animal and plant life in any way. Hunting, trapping and carrying weapons are

prohibited. Do not interfere with animals by feeding, touching, or frightening them. Do not cut, deface, or damage trees. Leave wildflowers and other vegetation in their natural condition for other hikers to enjoy.

- Historic resources are protected by federal law. Do not damage, deface, or remove any of these structures, furnishings, or exhibits.



**Help protect and preserve
the Blue Ridge Parkway.
Be alert for uncontrolled fire,
safety hazards, accidents,
and emergencies.**

**Please report such
conditions by calling:
1-800-PARKWATCH**

(1-800-727-5928)

For general Parkway
information, call: (828) 298-0398 or
visit www.nps.gov/blri on the Internet.